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Your essential daily news | TUESDAY, OCTOBER 25, 2016

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Flames goalie Brian Elliott clears the puck away from the Blackhawks during the first period on Monday in Chicago. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

In a whole new light

PEACE BRIDGE

Landmark to switch to LEDs in order to survive winter



Helen Pike
Metro | Calgary

Can I get a light? How about 300?

Starting Monday, the City of Calgary is embarking on another make-it-work project with the city's most iconic piece of architecture.

The Peace Bridge is getting a new set of LED lights as the city's road department deemed the original bulbs would cost too much to maintain.

From now until Dec. 2, one side of the bridge at a time will be closed off to pedestrian and cycle traffic in order to install 300 lights at the cost of \$700,000.

"The current light fixtures weren't able to withstand the Calgary weather," said Anna Melnick, spokeswoman for Calgary Roads.

Once replaced, they should last for 10 years and save the city on maintenance — not to mention they are more energy efficient.

The Peace Bridge was built in 2012, which was before the LED craze. The city opted for linear fluorescents, which are typically used in office lighting and are known for their low upfront costs.

According to Melnick, the bridge's current lighting was at the end of its life cycle and they decided to change the bulbs to LED fixtures after the warranty on the fluorescents lapsed.

This isn't the first bit of work the \$24.5-million bridge has had this year. Over the summer, cracked glass panels were replaced at a cost of more than \$200,000 after the city alleged they had been vandalized.

OVERTIME ANXIETY

Elliott guides Flames through shootout to capture 3-2 win over Chicago.

More NHL coverage, **metroSPORTS**

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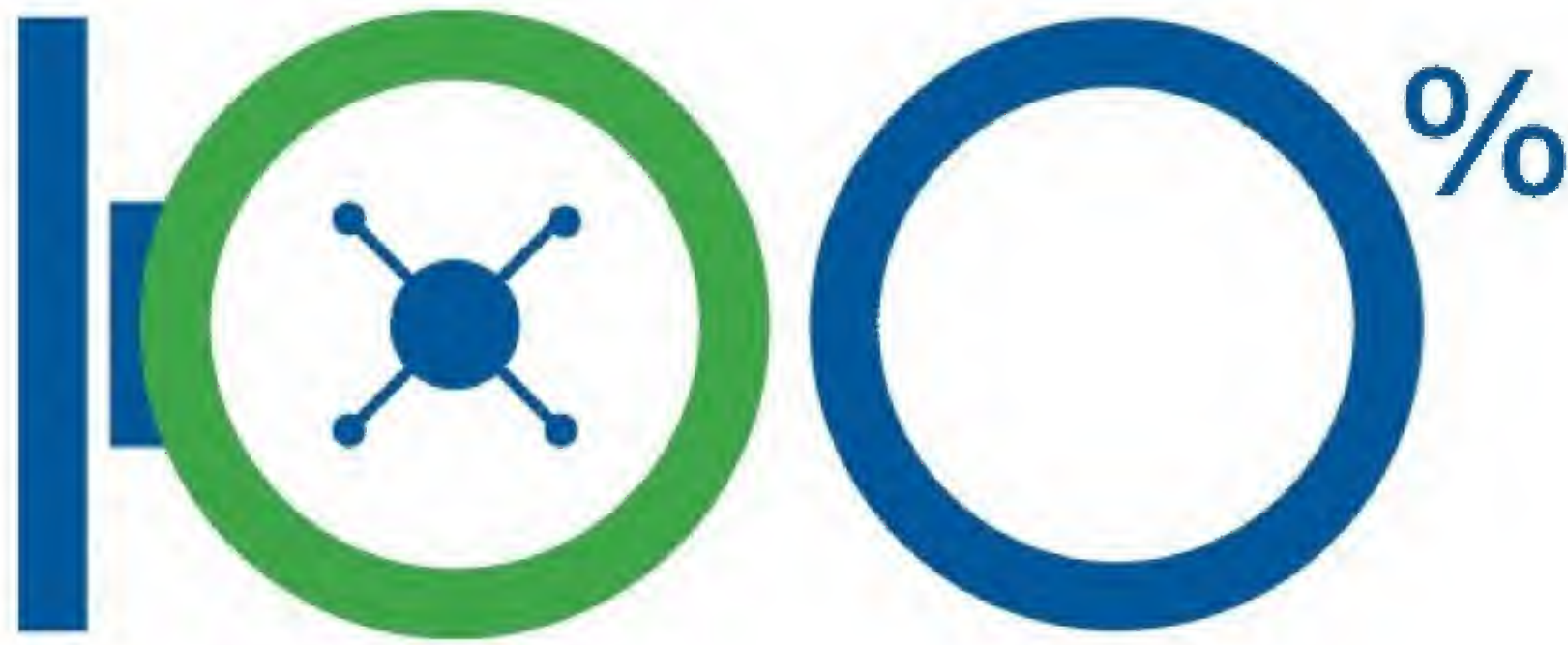


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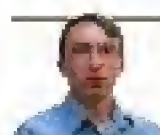
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City, developer reach deal for Westbrook LRT lands

REAL ESTATE

Station to be converted to transit-focused mixed-use site



Brodie Thomas
Metro | Calgary

A proposed development in Westbrook will have some of the best transit access in the city once it's done.

Matco Development Corp. has struck a deal with the city to purchase 10 acres of land surrounding the Westbrook LRT Station.

The development will eventually feature residential, retail and office space, all built around the underground LRT station. It's also next to the Westbrook Bus Station and Nicholls library.

Sarah Quayle, manager of real estate sales and marketing with the city, said they began with a request for proposals with specific criteria that included mixed-use properties, and non-market (affordable) housing.

"In essence, (we wanted) development that would support the LRT station," said Quayle.

She said because it's being built so close to a major transit corridor, the developer will be able to apply to have parking



Westbrook's below-ground LRT station is surrounded by mostly-barren land, but Matco Development will be turning it into a mixed-use development with an eye to transit. BRODIE THOMAS/METRO

requirements relaxed.

Eileen Stan, vice-president of development with Matco Development Corp., said they definitely have transit-oriented development in mind for the site.

"Our plan fits into the larger vision for the Westbrook

“Our plan fits into the larger vision for Westbrook Village.”

Eileen Stan

Village ARP providing high density mixed-use development that supports multiple modes of transportation," said Stan.

She said the project probably won't start right away, but plans could move forward in the next two or so years,

+ PLANNING

Westbrook Village redevelopment is a 52 acre site between Bow Trail and 17 Avenue SW, and 33 and 37 Streets SW.

The city's first underground LRT station is at Westbrook. It also recently opened the Nicholls Family Library in the LRT Building.

Matco will develop 10 acres of Westbrook Village closest to the LRT station.

depending on how the economy fares.

Stan said the project would be done in phases, and over time users would expect to see some high-rise condos, along with lots of retail and even open public areas around the development.

"We're continuing to work on the design and development," she said. "It will be a multi-phase development occurring over 10 to 15 years."

Matco Development Corp. is a division of Matco Investments Ltd., a private Calgary-based investment firm, whose real estate interests include co-ownership in Eighth Avenue Place and other mixed-use residential projects in the inner city.

ALCOHOL

Binging rates on the rise: Study



Mathew Silver
For Metro | Calgary

Researchers at the University of Calgary have released some troubling statistics in a study on binge drinking.

Dr. Andrew Bulloch, deputy director of the Mathison Centre for Mental Health, found that 20 per cent of Canadians engage in binge drinking, which is defined as having at least five drinks at least once a month in the past year.

"It's dangerous," said Bulloch. "We think that alcohol is becoming more heavily advertised. It's becoming more available, and it's becoming cheaper."

Bulloch added that people who show a pattern of binge drinking also show a loss of control over the use of alcohol. That means the behavior can progress into a dependency over time.

"It's a warning sign," said Bulloch, who proposed successful attempts to regulate accessibility in other countries would point towards a need for local policy makers to make a change.

Dr. Scott Patten, who co-authored the study, said binge drinking can have dangerous consequences.

"There is quite a link between depression and drinking," said Patten. "Trends suggest tightening alcohol laws rather than loosening them."

Data that wasn't released in the paper shows about 40 per cent of people aged 18 to 24 are binge drinkers, which Bulloch attributes to Canadian culture.

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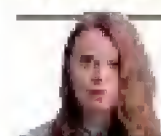


As the province grapples with how to treat the fentanyl crisis, students at the University of Calgary still aren't comfortable picking up kits that could save lives. JENNIFER FRIESEN/ FOR METRO

U of C's naloxone kits still unused

DRUGS

Campus health professionals concerned about stigma



Helen Pike
Metro | Calgary

They know fentanyl and other stronger pills are out there at parties. But when it comes to treating potential overdoses, University of Calgary students still aren't picking up naloxone kits.

Which is prompting the university to dig deep and re-evaluate their approach.

Since February, the University of Calgary has had four naloxone kits available, with training and a guarantee of confidentiality, for students or members of the post-secondary community who need it. But so far, those same kits

have stayed in the Wellness Centre, unused.

Fentanyl is a powerful drug being passed off as oxycodone that's made its way into mainstream media after the death toll shot up from only six recorded Alberta deaths in 2011 to 274 in 2015.

"Maybe it's where we're offering the kits and the training," said Debbie Bruckner, senior director of access and support with student wellness. "Walking into a clinic is harder to do than maybe walking into another venue. We're going to try and shake it up a bit, and re-energize our awareness program."

Since they started holding the prescriptions on campus, the wellness centre has done a number of educational programs, workshops and awareness campaigns to try and drum up awareness for the life-saving antidote.

But since there's a low interest, and only a few students have come forward to

be trained in administering the overdose kits, Bruckner said it's time they consider another approach.

"We want to work with residents, student spokespeople — both graduate and undergraduate students — and find out where would be the most comfortable place for them to get a kit, because it doesn't have to be here," Bruckner said. "Hopefully that would increase our distribution and promote awareness."

And from what she's heard, other post-secondary institutions in the province are having the same problems.

Another option they are still waiting to hear more about from the province and Health Canada is the nasal sprays.

"That would reduce even the training," Bruckner said. "Some people just have difficulty with needles — I think it is a bit of a barrier to getting naloxone more readily available to the population."

CITY COUNCIL

Monday stays meeting day



Brodie Thomas
Metro | Calgary

City council hasn't given up on the idea of moving regular meetings to Tuesday, but it's going to take more time to decide.

Council voted Monday to continue with its Monday meetings for at least the first

quarter of 2017.

They also voted to create a task force on scheduling which will report back to council before the end of this year.

The mayor's office and the city manager put forward the possibility of scheduling regular meetings for Tuesday in hopes of providing a little more work-life balance to the councillors and administration.

Councillors say they often

end up spending much of their Sunday reading hundreds of pages of documents and reports to get up to speed for the Monday morning meeting.

Moving the meetings to Tuesday might give them an extra day to read, but some councillors such as Andre Chabot say it won't make a difference, and will interfere with commitments they have later in the week.

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Conservatives aim to hold seat

BYELECTION

No Liberal MP in Medicine Hat since 1968

Voters go to the polls in a sprawling riding in southern Alberta today that hasn't elected a Liberal MP since 1968.

The byelection in the Medicine Hat-Cardston-Warner riding called after MP Jim Hillyer died of a heart attack earlier this year in his Parliament Hill office.

Medicine Hat-Cardston-Warner was a new riding in the 2015 election — it was formerly Medicine Hat. The last MP Medicine Hat voters elected who wasn't from a right-of-centre party was Bud Olson.

He was originally voted in as a member of the Social Credit, crossed to the Liberals and was re-elected when the party swept to power under Pierre Trudeau in 1968.

Prime Minister Justin Trudeau and interim Conservative leader Rona Ambrose dropped into the riding in the past couple of weeks to boost the chances of their local candidates.

There are six candidates run-



Alberta Conservative MP Jim Hillyer leaves the centre block on May 19, 2011. His death triggered a byelection in the southern Alberta riding of Medicine Hat-Cardston-Warner. CP FILE

ning for the seat including Conservative Glen Motz and Liberal Stan Sakamoto.

"We've got over 11 per cent unemployment here. We really have been a forgotten corner for

so long — for decades. The gut feeling I have, if I can get more employment for people here, I'd be proud to do that," said Sakamoto.

Motz, a retired police officer,

said having another Liberal MP from Alberta would do nothing.

"Some people have lost their hope and optimism based on all the rhetoric that's been going on from the prime minister's Liberal

government.

"There's been nothing done for job creation. We've seen increased taxes and now the proposed carbon tax."

THE CANADIAN PRESS

+ RIDING FACTS

A byelection in Medicine Hat-Cardston-Warner riding had to be called after former MP Jim Hillyer was found dead of a heart attack in his Parliament Hill office earlier this year. Some pertinent facts:

■ Longtime conservative stronghold

The area hasn't elected a Liberal MP in 48 years — when Pierre Elliot Trudeau was in office.

■ Competitive field of candidates

Six candidates are vying for the seat



We really have been a forgotten corner for so long — for decades.

Stan Sakamoto,
Liberal candidate

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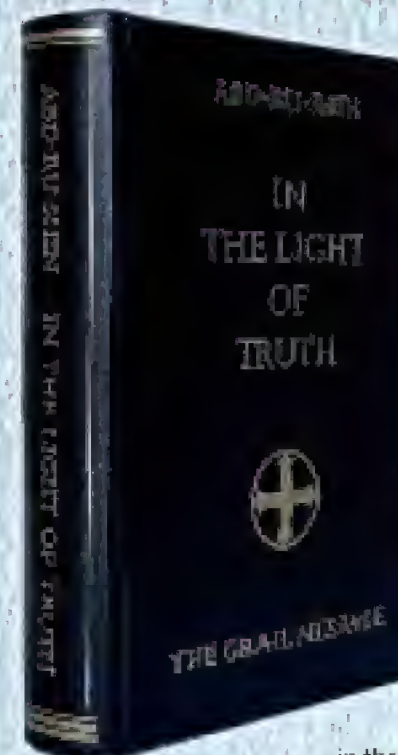
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"IN THE LIGHT OF TRUTH" — The Grail Message



Abd-ro-shin's work "In the Light of Truth" — The Grail Message — conveys to the reader an insight into the working of the laws of nature and of creation. In a comprehensible manner the author describes the working of the different laws which are interwoven right up to the finest ramifications. As an example, the effect of a grain of corn bringing forth a multiple harvest of corn follows a pattern according to the laws. However, this principle of nature is not restricted to the world of plants alone, but the lawful effects also return to the human being as a consequence of the thoughts and deeds generated by him. Man harvests many times over from the seed which arises from his volition, and such a harvest can then bring him joy or sorrow. In this regard however, the thought that the personality of a human being is restricted to only a single earth life must however be broadened, for the human being is a wanderer who has lived on this planet earth in several embodiments as a human being.

The themes Abd-ro-shin illuminates in his work encompass the meaning of life and the task humanity on earth has to fulfil. Furthermore, the difference in the nature of man and woman is explained, in which particularly everything womanly finds expression in a manner which is finer and striving towards the Light.

If he follows the descriptions of Abd-ro-shin with an open mind, the reader arrives at a basis for the ability to perceive that which the different cultures on this earth call "God". God, as the creator of all things, in His creation becomes truly perceptible only to those human beings who adapt themselves unconditionally to this creation and the Laws active therein. In this connection, there can be no separation between belief and science for both have the same origin and require an objective examination which can only take place free from any sort of restraints in order to grasp them.

The author writes: "I wish to fill the gaps which have so far always remained unanswered in the souls of men, and which never leave any serious thinker in peace, if he honestly seeks for the Truth."

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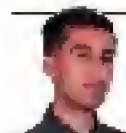
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Classic science-fiction film Metropolis finds its sound

CINEMA

**Screening
includes live
improvised
score by organ**



**Aaron
Chatha**
Metro | Calgary

Thomas Gonder is making one of history's most influential silent films a true treat for the ears the only way he knows how: live, improvised and non-stop organ music.

Presented by the Calgary Centre of the Royal Canadian College of Organists, the classic 1927 silent film *Metropolis* will be screened at Knox United Church, just in time for Halloween.

Organizer Chellan Hoffman said they've held similar events in the past, with *Phantom of the Opera* and the *Hunchback of Notre Dame*, and it requires organists to think quickly. They often come up with themes for characters or recurring moods on the spot — and don't forget, there aren't any sound effects either.

"How would you portray someone climbing up a wall or running across a field? How do you create suspense?" said Hoffman. "I think using music to describe all these actions and moods over two hours is a real talent."

Luckily, they have a powerful tool at their disposal: the Knox



Metropolis was originally released in Germany 1927. The bold images have since found their way into the pop-culture canon.

CONTRIBUTED

United Church has the second biggest organ in Calgary, with more than five thousand pipes to create sounds.

"We have large pipes, 16 feet and taller that play low sounds from the pedals, so you can get quite the rumble," Hoffman said. "It's like a historical synthesizer. It just gives the organists who come here so much to work from."

She describes Thomas Gonder, who hails from Ontario, as a

"I think using music to describe all these actions and moods over two hours is a real talent."

Chellan Hoffman

colourful character and ener-

getic musician. Gonder will also be playing a classical concert the night after improvising *Metropolis*.

The movie itself is a German film created by Fritz Lang. Set in a future dystopia where society is split into two-tiers — the rich live in luxury above while the poor toil away below — the story follows a young man and woman from different tiers, who try to overcome the vast class divide of their city.

Eventually, a mad scientist and a killer robot become involved.

The film is considered a pioneering work in science fiction films, and had a lasting impact in film and storytelling techniques, and modern culture. Musicians like Madonna, Janelle Monae and Lady Gaga have all paid homage to the film.

The screening takes place on Oct. 28 at 9 p.m. For more information, visit rccocalgary.org.

SEXUALITY

Judges ignorant on gender: Expert

A sexual minorities expert says judges need to be better educated about gender identity after two Alberta family court judges ruled that a child born a boy couldn't wear girls clothes in public.

The case involves a couple in Medicine Hat fighting over custody of the five-year-old.

The mother supports what she says is the child's wish to identify and dress as a girl, but the father does not and blames the mother for the child's gender confusion.

Last year, a judge ruled the child could only wear girls clothes in private. A second judge later upheld the decision.

A third judge recently removed the restriction and said the child can choose what clothes to wear.

"These kinds of decisions shouldn't be happening, particularly when our human rights legislation has changed," Kris Wells with the Institute for Sexual Minority Studies and Services at the University of Alberta said Monday.

"Some of these attitudes need to be challenged and corrected."

Wells has been helping the mother and said she doesn't want the family identified.

He said the case makes it clear that the "next frontier" of awareness and education for the courts is gender identity, particularly involving young children.

Wells said he hopes Alberta Justice will look at the case and support the judiciary in becoming more knowledgeable and inclusive about gender issues.

THE CANADIAN PRESS

RICK MERCER REPORT

TONIGHT Rick is in for the spook of his life at "Fort Fright in Kingston" - the most haunted place in Canada.

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#rickmercerreport



The theatre offers all veterans and military personnel free admission to any performance of *Lest We Forget*.

JOSIE LUKEY/METRO

Real life and love at core of war play

REMEMBRANCE

Lest We Forget tells true tales of couples torn by conflict



Josie Lukey
For Metro | Calgary

J.P. Thibodeau didn't want to create a memorial, he wanted to create a show celebrating everyone affected by war.

Lest We Forget, a new Lunchbox Theatre show, integrates original music and song in the journey from WWI to the present day.

Which is why Thibodeau, co-creator of the show, was emotional after receiving a standing ovation on opening day.

"It just gives you all the feels, and you really appreciate the sacrifices people have made for us to be able to even create a show, let alone be free," said Thibodeau.

Lest We Forget follows Kitty and John Ellis's real-life love story in 1917, through a series

of letters written by the couple which reveal the back and forth of couples torn apart by war.

The show also features several other true stories, but for Joe Slabe, co-creator and musical directors, that presented a challenge.

"To take people's stories and then take an artistic response to them — I think it was sometimes tough because you want to make sure you were true to the experience."

Eric Wigston, who plays John Ellis in *Lest We Forget*, said before taking on the role he didn't fully appreciate the freedom in Canada.

"War affects everyone. That's something that you think about and you can say, but for me this show has made it real."

"Seeing all these stories from the early 1900's to World War Two to now it's like wow. Where would we be? And for all those people that sacrificed so much for us ... I'm not going to take it for granted," said Wigston.

The show runs Oct. 24 to Nov. 12.

For more information about showtimes and tickets visit lunchboxtheatre.com.

You want to make sure you were true to the experience.

Joe Slabe

ACCOUNTABILITY

First year ever ethics filings deadline missed

Sixteen MLAs did not file complete ethics disclosures by the 2016 deadline, an unprecedented situation according to research compiled by the Alberta Party.

But what's perhaps more troubling than the large figure — it represents 18 per cent of the Alberta legislature that has effectively broken ethics rules, and it's the first time there hasn't been full compliance since 2008 — is that the latest

ethics commissioner report does not include those who are tardy with their filings.

In her recent report, Ethics Commissioner of Alberta Marguerite Trussler said 16 MLAs, two 'designated office holders' and 13 political staff "failed to comply with the deadline for filing their financial disclosure."

Trussler goes on to report that each was sent a letter noting a penalty would occur if she

didn't receive the disclosure within a fixed period of time. "All complied once the letter was received and no penalties were incurred," Trussler writes, in her report.

The Alberta Party is up in arms that both the identities of those who didn't comply on time aren't available and that people feel OK not complying.

An Alberta Party official said the party has been unable to determine who did not file

on time.

Greg Clark, the leader of the Alberta Party, added that missing the filing deadline shouldn't be OK.

"I call on all caucuses to release their MLA disclosure submission dates. The public deserves to know which of their elected officials are unable to comply with basic ethics disclosure rules," Clark said, in a release.

METRO

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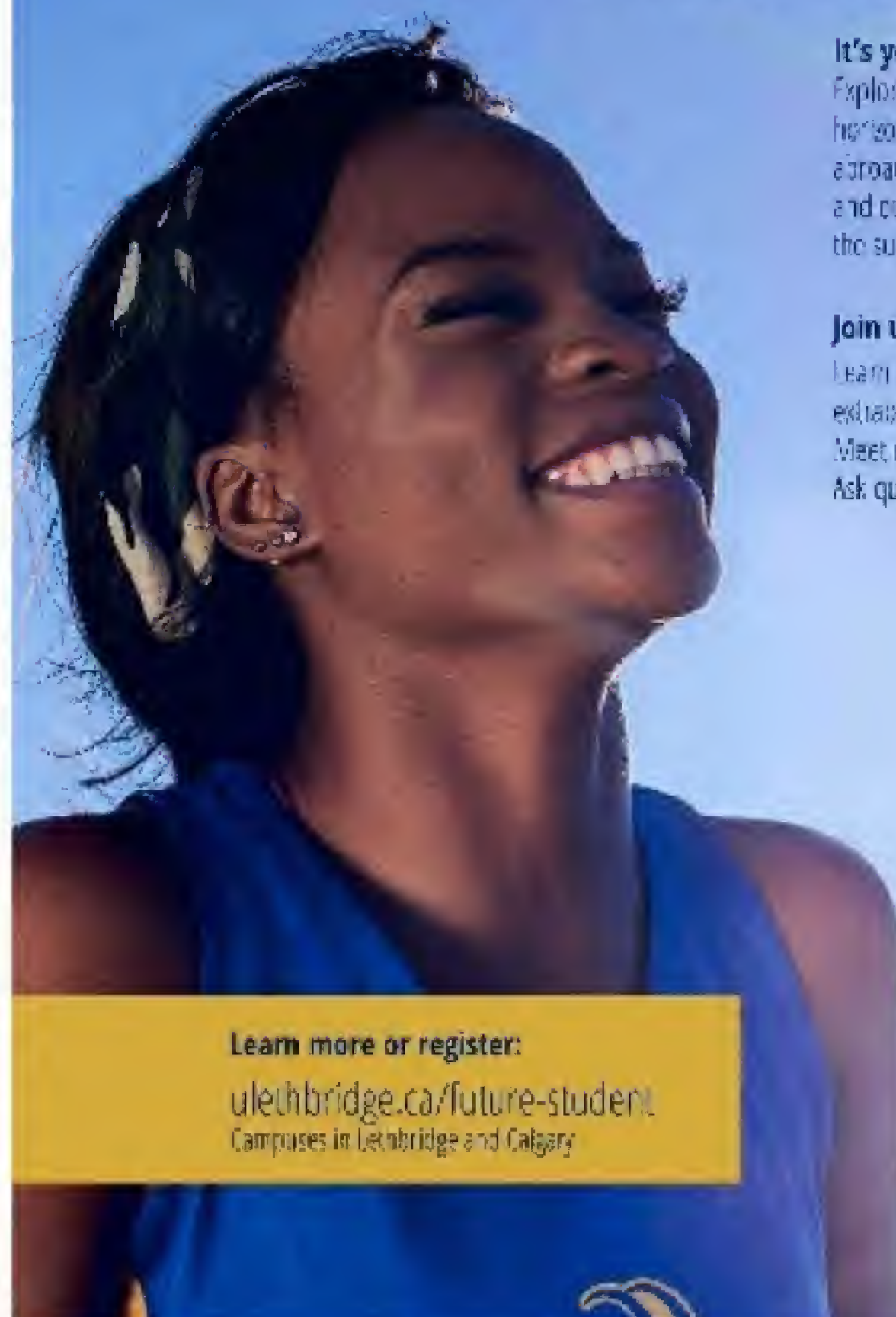
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Family launches health apps

TECHNOLOGY

Dicksons want to show fundraising in a different light



Josie Lukey
For Metro | Calgary

You could say app-making is in his blood.

Every two weeks, Doug Dickson and his wife bring their son, Journey, to the Alberta Children's Hospital for blood transfusions. The five-year-old has also had five open heart surgeries — all a result of Diamond-Blackfan anemia (DBA), a rare blood disorder where the bone marrow fails to make new red blood cells.

Which is why Doug has developed a business called DBA Strong Games, where he designs health related apps in order to help raise awareness and funding for his son's disease and other illnesses.

Diamond-Blackfan anemia has plagued their family for three generations, and currently

there's no cure.

"People do fundraisers all the time, I just wanted to show fundraising in a different sense," said Dickson.

One of those games currently available to download is Blood Drop Pop which features information about DBA.

The goal is to make three blood types and free the blood drops which are then transfused to the transfusion recipient.

Every ten levels features an animated version of a real-life individual with the disease.

"The more (diseases) get recognized, the more funding it receives. Partial proceeds from the in-app purchases go to DBA for this game, and then for the cancer game, partial proceeds will go to the cancer foundation," said Dickson.

Other apps that feature health procedures or diseases include: Stem Cell Hero, for stem cell bone marrow transplants, Transfusion Jumpers, for blood transfusions, and Angry Cells, for cancer.

All the apps are free to download but have in-app purchases.

Dickson also said he hopes to roll out the rest of the four apps by the end of the year.



Coriena Dickson, Journey's mother, said treatment include prednisone, which is a cortisone steroid, and blood transfusions. CONTRIBUTED

ENVIRONMENT

Province taps into climate fund

Alberta is tapping into its industrial carbon levy fund to help the farm sector reduce greenhouse gas emissions.

The province says it will spend \$10 million to expand existing programs that encourage producers to use energy efficient equipment and solar power.

Agriculture Minister Oneil Carlier says the program will help greenhouse operators, irrigators, the dairy and the livestock sectors but is open to all farmers.

The government estimates about 700 producers are using the program and hopes to increase that number.

The money is coming from the Climate Change and Emissions Management Fund.

Large industrial CO2 emitters that exceed reduction targets have been paying into the fund since 2007.

THE CANADIAN PRESS

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Bob Benzen steps into Harper's shoes

CALGARY HERITAGE

What you need to know about the Tories' new nominee



Josie Lukey
For Metro | Calgary

After former prime minister Stephen Harper resigned from his seat last August, the battle for the new Conservative nominee came to a close Saturday night.

Lifelong Calgarian and businessman Bob Benzen won the nomination over Paul Frank and Rick Billington. But for Benzen, replacing Harper means looking at the Calgary-Heritage riding as a fresh slate.

"Mr. Harper was Prime Minister, and obviously as the Prime Minister he had to spend a lot of time in Ottawa, he had to spend a lot



Bob Benzen admitted he was biased when he said he believes Calgary is one of the best cities in Canada.

FACEBOOK

of time on international trips, and I will have more time to spend in the community," said Benzen.

Although no date has been set for the Heritage byelection, Benzen said he has already knocked on an estimated 3,000 doors where people in the riding have expressed their concern for jobs and

the economy.

If he wins, Benzen said he wants to get the Kinder-Morgan pipeline built and advocate for getting more Albertan oil and gas out to the world markets rather than the United States — and get full price for it.

Benzen is also campaigning on a platform of keeping the current first-past-the-post voting system, increasing the limits on Tax Free Savings Accounts and leaving the national anthem "as is: a unifying symbol of our heritage that links our past to our present and future."

In the 2011 election, Conservative leader Stephen Harper won the riding with 75 per cent of the vote, but Benzen said that's not an invitation to slack off.

"I don't think we can take anything for granted, even though this has been a Conservative riding for many decades. We have to go out there everyday and work hard" said Benzen.

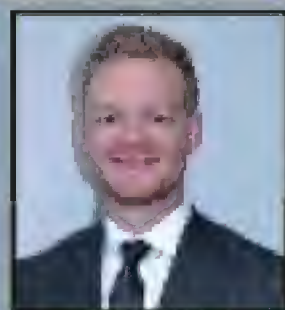


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Morneau's views anger millennials

POLITICS

Minister says 'we have to accept' precarious employment

Ryan Tumilty
Metro
Ottawa



May Warren
Metro
Toronto

Opposition MPs, along with youth and labour advocates are hitting back at federal Finance Minister Bill Morneau for suggesting millennials should get used to working precarious jobs.

Speaking to Liberal Party insiders in Niagara Falls Saturday, Morneau said high turnover and short-term contracts for youth are here to stay and the government should prepare for it.

"How do we train and retrain people as they move from job to job? Because it's going to happen. We have to accept that," Morneau said during a question-and-answer session.

Conservative MP Matt Jeneroux said Morneau's comments show the minister is "out of touch with a lot of the younger generation."

NDP MP Niki Ashton, who's been consulting with young people across Canada about

employment, said Morneau's remarks were disappointing.

"These comments are arrogant, they're insensitive and they clearly speak to a disconnect between Mr. Morneau and his government and what millennials in Canada are facing," she said.

Morneau's office did not respond to a request by Metro for comment by deadline.

Aliya Bhatia, director of community engagement with the Toronto Youth Cabinet, said acknowledging precarious employment is not enough.

Instead, she said the government must provide better protections for precarious workers.

Insecure work affects more than just millennials, Bhatia said, noting that thousands of workers without benefits or job security will have a negative impact on the nation's finances.

"If the entire economy is depending on people like me to buy a house in a decade, that's not going to happen," she said.

Andrew Cash, a former NDP MP who co-founded the Urban Workers Project, said there's "a ton of work that needs to be done on the government's side to build a stronger floor for all workers to stand on."

"I just think, no worker should get used to the way work is going," Cash said.



Black Power Hour host El Jones in studio at CKDU at Dalhousie University. JEFF HARPER/METRO

FREE EXPRESSION

Inmates find an outlet on radio show

Adina Bresge
For Metro | Halifax

Call-in shows on Dalhousie University's campus radio station have become a creative outlet for an unlikely audience — prisoners.

Inmates are taking to the airwaves to perform poetry and rap on the Black Power Hour, an educational program on CKDU co-hosted by former Halifax poet laureate El Jones. The show focuses on social and cultural issues relevant to black people, but is open all listeners, including those behind bars.

"I think what they have really

connected to is the idea that they can have a voice beyond themselves," says Jones. "They have this role in creating something and they take that very seriously."

The poetic platform came about "organically," says Jones, and was largely driven by the prisoners themselves. She says Black Power Hour was spun off of another program on CKDU, Youth Now, at an inmate's request for more historical black content.

One of the first prisoners to call into CKDU was Aiden Cromwell, who is currently awaiting a new trial after his second-degree murder conviction was overturned.

"That concrete jungle is never safe," Cromwell recently rapped on-air. "Gotta know when to pull it — Don't hesitate."

Soon after other inmates heard his performance, Jones says, the phones started lighting up.

In some jails, Jones says, prisoners have formed poetry collectives to prepare their best material for the show. Some pay up to \$7 to call into the program, and Jones says inmates have written to her saying they stay on their best behaviour to preserve their radio privileges.

Free expression can be therapeutic for prisoners, Jones says, who use the show to work out

issues related to race, gender, love, family, being in prison and the actions that brought them there. Some of her favourite calls came from female prisoners who re-appropriated the machismo of hip hop to tell men "we're not interested."

The process of sending someone to prison can be silencing, Jones says. She says in court, your lawyer speaks for you, but on the radio, you don't "have" to say anything.

"When you do say something, it's because you're making a choice to say what you're saying," Jones says. "I think that can be a really important part of returning people's voices to them."

MILITANT THREAT

A dilemma for Iraqis near Mosul: Stay or flee

Bayda Muhammad Khalaf followed the government's advice to stay in her home with her husband and seven children as Iraqi troops advanced near their remote village outside militant-held Mosul. But after Daesh fled and Iraqi troops didn't appear, their food supply quickly ran out, and the family had to flee to search for territory firmly under government control.

Khalaf waited until she saw a passing shepherd, and then she and her family made the eight-hour walk out of no man's land behind a herd of sheep.

Eventually, Khalaf couldn't produce enough breast milk for her infant daughter.

Mosul, the largest city controlled by Daesh, is still home to more than 1 million civilians. The government and international aid groups fear that a sudden mass exodus will overwhelm the few camps set up on its outskirts.

More than 5,600 people have already fled areas near Mosul, according to the International Organization for Migration, with most heading through Daesh-

200,000

Around 200,000 Iraqis are expected to be displaced during the first weeks of the offensive to liberate Mosul, according to the Norwegian Refugee Council.

run territory toward the Syrian border, rather than in the direction of the advancing troops, who are converging from the north, east and south.

Camps have been set up to accommodate 60,000 people, but about 200,000 are expected to be displaced in the first weeks of the offensive, according to the Norwegian Refugee Council.

Both the Iraqi government and Kurdish authorities are mired in an economic crisis brought on by low oil prices and say they do not have the resources to care for such a large number of displaced people. So they have urged everyone to stay put. THE ASSOCIATED PRESS



Pakistani volunteers and police officers rush an injured person to a hospital in Quetta, Pakistan on Monday, after gunmen stormed a police training center in the restive southwestern province of Baluchistan. ARSHAD BUTT/THE ASSOCIATED PRESS

Attack kills dozens of police trainees

PAKISTAN

Authorities say group linked to al-Qaida may be responsible

Gunmen stormed a police training centre late Monday in Pakistan's restive Baluchistan province and detonated explosive vests, killing at least 48 police trainees, authorities said.

Baluchistan's top health official, Noorul Haq, said at least 116 people were wounded — mostly police trainees and some paramilitary troops.

A security official put the death toll at 51. Major General Sher Afgan, chief of the paramilitary Frontier Corps, told reporters that the attackers appeared to be in contact with handlers in Afghanistan. He said the attacker belonged to the banned Lashker-e-Jhangvi group, an Islamic militant group affiliated with al-Qaida.

Haq said many of the trainees were killed when the gunmen detonated explosive vests.

Baluchistan Home Minister Sarfaraz Bugti said one of the attackers was killed by security forces and two detonated their explosive vests. He said



They were rushing toward our building firing shots.

Unnamed police trainee

security forces have completed their operation but were still engaged in the cleanup process.

Bugti said at the time of attack about 700 trainees were at the base. He said more than 200 trainees were rescued immediately after the attack.

In Monday night's attack,

between four and six gunmen opened fire as they attacked the hostel at the police training centre in a suburban area of the provincial capital of Quetta.

"They were rushing toward our building firing shots so we rushed for safety toward the roof and jumped down in the back to save our lives," one of the police trainees told Geo television.

Baluchistan police chief Ahsan Mahboob told reporters that four gunmen attacked the training centre, attempting to enter the hostel housing the trainees. A gun battle erupted when the guards resisted, he said. THE ASSOCIATED PRESS

NORTHERN IRELAND

Bakery loses appeal over gay-rights cake

A Belfast bakery on Monday lost its appeal of a ruling that it discriminated against a gay customer by refusing to bake a cake decorated with a message supporting same-sex marriage.

The judgment against Ashers Baking Co. found that the family-run chain was wrong to treat gay customers any differently from heterosexuals. The Ashers directors argued they were happy to bake goods for anyone but could not put messages on their products at odds with their Christian beliefs.

The Northern Ireland Equality Commission pursued the lawsuit against Ashers on behalf of the spurned customer, who had ordered the cake for a gay rights event. Monday's judgment by the three-judge Court of Appeal found that the bakery had discriminated against the customer and violated British human rights law.

Lord Chief Justice Sir Declan Morgan rejected the bakery's central argument that it would be endorsing gay marriage by making the cake. THE ASSOCIATED PRESS

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ROBOTICS CHINA SHOWCASES CANBOT AT TECH SHOWCASE A Chinese boy shouts into the Canbot, a companion robot, displayed during the World Robot Conference in Beijing. China is showcasing its burgeoning robot industry as it seeks to promote use of more advanced technologies in Chinese factories and create high-end products. NG HAN GUAN/THE ASSOCIATED PRESS

Belgium holds up Canada-EU deal

ECONOMY

European Union president, PM Trudeau hope for compromise

The European Union and Canada tried to remain upbeat Monday about the prospects for their trans-Atlantic free trade pact despite a small Belgian region persisting in its refusal to back the deal.

After the setback early Monday, EU President Donald Tusk and Canadian Prime Minister Justin Trudeau spoke by telephone and the EU leader said afterward "there's yet time" to find a compromise solution.

A joint summit for signing the long-delayed trade deal is scheduled for Thursday, offering the two leaders and Belgian officials little time to persuade the Wallonia region.

Without all Belgian regions supporting the agreement, Bel-

gium cannot sign and the EU needs unanimity from all of its 28 member states.

"We encourage all parties to find a solution," Tusk said in a Twitter message.

Canada's International Trade Minister Chrystia Freeland says she, too, is still hopeful that a Canada-EU trade deal can be salvaged, but "the ball is in Europe's court."

The expressed optimism that a deal could be secured within days came as a surprise since Wallonia had said it has too many concerns to overcome by Thursday.

The EU Commission, which has negotiated the deal on behalf of the 28 nations, insisted that this week's summit was not the final deadline.

Politicians in Wallonia, which is smaller than the U.S. state of New Jersey, argue that the proposed Comprehensive Economic and Trade Agreement would undermine labour, environment and consumer standards.

Proponents say it would yield

+ WALLONIA

The region: Wallonia makes up 55 per cent of Belgium.

Why they oppose it: Wallonia's politicians say the trade agreement undermines labour, environment and consumer standards. A key hurdle is "private arbitration" where multinationals can legally challenge governments on policies.



billions in added trade through tariff cuts and other measures to lower barriers to commerce. THE ASSOCIATED PRESS

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Jordan Mills

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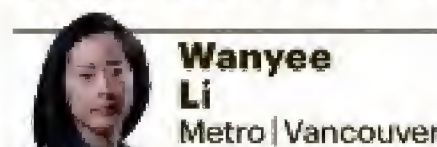
A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Temporary Guardianship Order** of your child born on **September 16, 2016**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

VANCOUVER

Initiative collects 48K coffee cups



Wanyee Li
Metro | Vancouver

Linda LePretre collected more than 400 paper coffee cups in just a few blocks in downtown Vancouver, earning her \$20 after she dropped them off at the Binners' Project pop-up depot Monday morning.

Organizers of the third annual Coffee Cup Revolution aim to show governments that setting up a deposit-return program for paper coffee cups would keep them out of landfills and provide another source of income for



Chantal Dumong waits in line with two garbage-bags full of paper coffee cups at Monday's Coffee Cup Revolution. WANYEE LI/METRO

Vancouver binners, who already collect cans and bottles. The Bin-

ners' Project pop-up depot collected 48,000 paper coffee cups — the most ever — this year.

Most paper coffee cups end up in the landfill but the Binners' Project will give the 48,000 paper coffee cups it received Monday to Regional Recycling.

For some binners, a refund-deposit program for coffee cups is the difference between dinner and a missed meal.

The Binners' Project fundraises throughout the year to provide enough money for the Coffee Cup Revolution event, where it gives people five cents for every coffee cup brought in.

HEALTH

Beverage industry must do more to help lower calorie consumption: Organization

A top economic research organization says Canada's beverage industry will have to do more than rely on recent trends to reach its target for reducing the calories people consume through soft drinks and similar products amid concerns over obesity rates. The industry wants to reduce caloric intake from its products by a further 20 per cent by 2025.

THE CANADIAN PRESS

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EMMA TEITEL ON THE VIRTUES OF BASICNESS

Because I myself am a little basic, and because I hail from an ultra-basic town, I am moved to defend the 'pumpkin entertainment complex.'



A few years ago when I was working at Maclean's Magazine, I wrote a column about the increasingly popular term "basic bitch," an epithet used to describe young women who embrace, with unapologetic zeal, anything and everything mainstream — from fashion and literature to music and beverages.

In the piece I argued that though many believe "basic bitch" is a strictly pejorative term, thousands of women (some of my own best friends, included) have chosen to reclaim it in a playful, self-deprecating way. For example, one Basic B might say to another: "OMG, I live-tweeted the Bachelor last night. How basic am I?"

BBs, as I like to call them — or us — vary from culture to culture, but the archetypal North American Basic Bitch is (despite the term's origin in hip hop) widely regarded as a well-to-do white girl who fancies Uggs boots, Taylor Swift, frozen yogurt, throw pillows embroidered with alliterative wisdom (live, laugh, love,) and the be-all-end-all of basicness: the PSL, a.k.a. the pumpkin-spice latte.

The PSL is Starbucks' most popular fall beverage: a hot, sweet sludge, originally launched in 2003, that skyrocketed to viral fame circa earlier this decade, when BBs began documenting themselves indulging in the autumnal drink on social media.

When I wrote my basic-bitch piece in 2014, I got a lot of flak for advocating that women reclaim what many

believed to be a sexist and derogatory term. Little did I know, however, that just a few years later, it would that appear everyone under the sun

University of British Columbia and the University of North Carolina, the pumpkin spice economy — a corporate cornucopia of pale orange bath



BASICALLY HARMLESS A fondness for pumpkin spice may be hard to defend on esthetic terms, but there has to be something redeeming about something so popular. CONTRIBUTED

— not just millennial white women named Caitlyn and Mackenzie — would be in a position to reclaim the term. Because it appears everyone under the sun is now following one of the core tenets of basicness: the love of all things pumpkin spice.

Today "pumpkin spice" is literally everywhere: from Starbucks to school cafeterias, and bars to bathrooms (where you can find pumpkin spice soap and pumpkin spice martinis.) Last year Forbes estimated that the "pumpkin spice economy" was worth \$500 million. In other words, we are all a little bit basic.

Or are we? According to a seemingly silly but fascinating study published last year called The Perilous Whiteness of Pumpkins, by researchers Lisa Jordan Powell and Elizabeth S.D. Engelhardt, from the

bombs, baked goods, specialty beers and even hairspray — is indicative of white privilege and wealth.

"Even when we move away from ephemeral flavors of pumpkin and pumpkin spice," the researchers argue, "whiteness and cultural symbols cluster around visual images of pumpkins. Aspirational lifestyle magazines, social media pumpkins and reality television competitions come together in a veritable pumpkin entertainment complex, whose multiple manifestations continue the entanglements of pumpkins, social capital, race and place."

I find this idea profoundly interesting, and I understand where the researchers are coming from. I haven't seen many people who aren't well-heeled, white and female shell out seven bucks for a PSL at

Starbucks.

But because I am myself, let's face it, a little basic, and because I hail from the ultra-basic town of Richmond Hill, Ont., I am moved to defend the "pumpkin entertainment complex."

Yes, I am aware that when we indulge in all things pumpkin spice and flaunt our pumpkin spice products online we are flaunting our status as members of an unthinking, capitalist cult.

But I am aware of something else, too, something arguably far more important than this. It's fall outside.

Look at the colours! Look at the leaves! The sweaters! The charming satchel bags!

It's impossible to be a cynic, in the end, about the Pumpkin Spice Industrial Complex, because what it points to, more than class or privilege, is a totally nerdy, innocent and almost childlike excitement about the changing of the seasons.

And that's the surprisingly neat thing about so-called "basicness." A love of all things mainstream can present itself as an ode to capitalism. But it can also present itself as a radical rejection of cool.

For example, almost every coffee shop in my Toronto neighbourhood, even the most hipster ones imaginable, have begun advertising homemade, pumpkin spice products. When I asked a barista recently why there were so many pumpkin-derived snacks on display in his store this week, he said, matter-of-factly, with a rare smile on his face, "It's just something nice to ring in the fall season, ya know?"

It's a cold world out there. There's no shame in warming up by a fire with a PSL and a good book. If you need a recommendation, I hear Nights in Rodanthe, by Nicholas Sparks, is fantastic.

Emma Teitel is a national columnist for the Toronto Star.

Forgive kids for wanting to liven up parking lots

KLASZUS' CALGARY

Jeremy KLASZUS



Should children be allowed to play in parking lots — learning to ride bikes with their parents, say, or flicking a wrist shot?

For those who live in condos and other housing with shared parking lots, it's not an abstract question.

People have wildly different expectations on what and who should occupy these common spaces, and this gulf in can create tension.

On one hand, there's my neighbour, who, when I was recently teaching my five-year-old son to play hockey in our (mostly empty) parking lot, ran out to give us a proper net.

Not everyone is so enthusiastic, as Calgarian Brett Bergie discovered last week. She sometimes rides her bike with her seven-year-old son in their condo parking lot.

Last week they got a letter: "The Board of Directors has received reports of a child or children associated with your unit playing in the parking areas. We kindly request and appreciate your attention to ensure this does not continue."

After some digging, the family learned that the letter was actually intended for parents of an unattended child who'd almost been hit by a car. The driver had complained to the condo board.

Such conflicts are not unusual. Earlier this year, the issue came up, briefly, in our condo complex. On a community Facebook group, a resident posted that parents shouldn't let their kids play in the parking lots. She wor-

ried about possible injuries.

Others disagreed (I stayed out of it, honest!), arguing that kids have as much right to be there as anyone, and that drivers should slow down and take extra care.

Emotions got heated and the moderator swiftly, and perhaps wisely, snuffed out the discussion before it turned into a conflagration.

Condo politics aside, our society wants it both ways when it comes to kids and play.

On one hand, there's nostalgia for the days when children roamed free. On social media and elsewhere, there's endless tut-tutting about helicopter parenting and over-programming of kids — not to mention the hours they spend indoors in front of screens.

At the same time, people express concern when children play on or near streets, whether in a bike lane or a parking area. There's an expectation that kids should be controlled and corralled, kept somewhere safer.

We want the good old days of street hockey back, but without any actual kids playing on actual asphalt.

This dilemma will keep coming up in Calgary and elsewhere.

As the city evolves, we'll have to reimagine not just streets, but also common spaces such as residential parking areas. Using huge expanses of pavement exclusively for storing cars is inefficient. With better design and forethought, such areas can be better used — and safer, too.

It should tell us something when children are bent on animating the lifeless spaces adults have created.

What the Pumpkin Spice Industrial Complex points to, more than just class or privilege, is nerdy excitement about changing seasons.

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Vegans with mouths to feed speak out

NUTRITION

Restrictive diets for kids can be safe, advocates say

There's a right way and a wrong way to raise a baby on vegan food. Those who get it wrong, parents say, give the responsible ones a bad name.

A Pennsylvania mother claiming to be vegan was charged this month with child endangerment for feeding her baby nothing but small amounts of nuts and berries. In Italy, after a number of vegan babies required hospitalization for malnourishment, a lawmaker this summer proposed a bill that would make it a crime to feed children under 16 a vegan diet.

Those cases are not about veganism at all, but are instead about neglect, say parents who are raising their children vegan. Pinning bad parenting on vegan diets, some say, unfairly stigmatizes those who have done their homework and are safely raising their babies without feeding them animal products like meat and dairy.

"They stress the elements of veganism in these stories, but it's not that these people aren't giving their children the right kind of food, it's that they aren't feeding them," said Fulvia Serra, of Fort Collins, Colorado. The native of southern Italy is raising her 1-year-old son vegan, and her



Vegan mother Fulvia Serra holds her 1-year-old son, Sebastiano, at home in Fort Collins, Colo. **Serra, originally from Italy, and her husband, Scott, are raising their son vegan.** Despite criticism and innuendo from some circles, pediatricians and nutritionists agree it's perfectly healthy to feed babies a vegan diet. AP PHOTO/BRENNAN LINSLEY

12-year-old daughter is vegetarian.

"To get a child to the point of starvation, it means you are ignoring him and his crying all the time," she said. "It's neglect."

The American Academy of

Pediatrics' book *Pediatric Nutrition* devotes a chapter to vegetarian and vegan diets. It describes how, with sound nutrition and dietary planning, "it is possible to provide a balanced diet to vegetarians and vegans."

"For children in general you can have a safe vegan diet, but it has to be in consultation with a pediatrician or health care provider," said Dr. Sheela Magge, an endocrinologist at the Children's National Health System. "These

are critical times in brain development, and it has to be done carefully."

The ideal first food for babies is breast milk, Magge said. Many vegan moms opt to breastfeed, but for those who can't or don't, the only

“

These are critical times in brain development, and (a vegan diet) has to be done carefully.

Dr. Sheela Magge, endocrinologist

other option is a soy-based formula.

Key nutrients for babies are Vitamin B-12 and Vitamin D, as well as iron, zinc and calcium, Magge said. Getting enough B-12, which comes from milk and eggs, is a specific concern in the vegan diet, since a shortage can lead to neurological problems.

As babies nurse less and start consuming more solid foods, parents need to make sure all the nutrients necessary for proper development are being provided.

A pediatrician can help guide parents and offer supplements if needed.

Parents raising vegan kids need to be armed with facts, like being able to rattle off which foods and supplements are providing adequate vitamin B-12 and protein and where their kids are getting calcium.

For those who would question the safety of raising vegan babies, her suggested response is: "The doctors say we are doing it right."

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Oliver says it's a struggle to get more female chefs



Celebrity chef Jamie Oliver says only 11 per cent of the kitchen staff in his U.K. restaurants are women. Simona Bonelli, executive chef at Jamie's Italian Canada at Yorkdale mall, hopes to change that figure here in Canada. CHRIS YOUNG/THE CANADIAN PRESS; METRO

FOOD INDUSTRY

Diversity is needed in kitchens, says Jamie Oliver

Melita Kuburas
Metro | Canada



There's a downside to being one of the most recognizable faces in the restaurant business, such as being asked for a selfie while going to the toilet.

"It does get a little bit weird sometimes," jokes Jamie Oliver during a recent drop-in to his restaurant at Toronto's tony Yorkdale mall.

But the upside of fame is the power to bring attention to different issues in the food industry (Oliver even got the ear of the prime minister this month, speaking about child obesity). His latest comments during his trip to Canada, where he has two restaurants in partnership with King Street Food Company, show an attempt to tackle gender disparity in the business.

"In the U.K., we're at 11 per cent (women) in the kitchen. And that's probably about 50 per cent higher than the average," he says, about his staff.

He would like to see a more even gender split, "but we struggle to get them into the business," Oliver adds.

"The reason we want (women) in the kitchen isn't to be politically correct. It's because they look at stuff differently; they see things differently. They make a kitchen flow differently and that's what we want."

While the 11 per cent statistic for female chefs is about the same in Oliver's Canadian restaurants, the executive chef at the fast-paced Yorkdale location — where they serve up

by making the staff laugh and having co-workers take over for those who start to fade when fatigue sets in.

"It requires a lot of endurance," Bonelli says. "I do a lot of sports — cycling, running long distances. I come at it a certain way. I train to endure the physical stress. Not everybody's made for it."

If you like crossfit or bootcamp, you will like working in a kitchen — no matter what gender you identify with, says Christine Beard, executive pastry chef instructor at the Pacific Institute of Culinary Arts in



"If you are one of those people who is athletic or enjoys the rush of working in a kitchen, it doesn't matter whether you're male or female."

Christine Beard, Executive Pastry Chef Instructor, Pacific Institute of Culinary Arts

to 1,100 people on a typical Saturday night — is a woman. Simona Bonelli has worked in Europe and North America for the past 20 years and says there has "always been a lack of female chefs, for sure."

At Jamie's Italian Canada, she keeps an upbeat mood

Vancouver.

"In pastry, you're lifting 50-pound bags of flour, 25-kilo boxes of butter. You've got sheet pans and racks and you're taking out large slabs of cakes in and out of the freezer, so it is very labour intensive," she says.

Beard, who was part of the pastry team at Fairmont Washington DC and helped open Bouchon in Beverly Hills, says an increasing number of women are choosing to stay in the industry because they have more female mentors. "Having women in those positions makes it more feasible as a young student coming in ... to see yourself taking a leadership role in the industry."

At the Pacific Institute of Culinary Arts, where they take in 60 students per term, the gender split this fall was 50/50, whereas six years ago it used to be about 70/30, male dominated, says, Julian Bond, executive chef and VP.

He believes the stereotypical ego-driven, male-dominated culture that might turn both men and women off from getting into the business is "so old school."

Yes people swear, but gone are the days of fraught relationships between front and back, and day and night workers, he says.

Beard agrees, noticing a considerable change in the last few years especially.

"It's come to that point now in our industry that people are not as accepting of that behaviour, and if you don't respect your staff, then your staff are going to leave."

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HEALTH

Fruit juice isn't fruit: Food Guide changes

Genna Buck
Metro Canada



Health Canada is feeling very "over" the rainbow when it comes to the Canada Food Guide.

The agency is seeking the public's input on how to make the new, overhauled nutrition manual — due out by the end of 2018 — more practical and relevant to the way Canadians actually eat.

Health Minister Jane Philpott announced the online public consultations in a speech in Montreal on Monday. She said the current one-size-fits-all guide isn't easily adaptable for people with food sensitivities or in line with the latest scientific evidence.

A senate committee report in March suggested it may be time to scrap the classic food guide rainbow, which focuses narrowly on getting enough nutrients, in favour of more down-to-earth advice about what foods to include with every meal.

The guide, which was last

updated in 2007, demonizes dietary fat and is not critical enough of added sugars and refined carbohydrates, which are linked to obesity and Type 2 diabetes, the report said.

University of Guelph nutritional science professor Genevieve Newton said if the senate recommendations are followed, "The entire document will look different."

"It's not possible to focus on one or two changes. If I had to prioritize, I think the focus on whole rather than processed foods and a requirement for unbiased consideration of evidence are critical," she said.

Nevertheless, there are a few specific pet peeves Newton would like to see fixed: "Including fruit juice as 'fruit' should not be there. And there should be a reduced emphasis on carbohydrates and an awareness that not all 'grains' are created equal," she said.

The new food guide is part of a larger, multi-year federal healthy eating strategy that will also include new food labelling rules and limits on advertising unhealthy foods to children.

Kevin James comes home

INTERVIEW

Comedian's show set in his native Long Island

With Kevin Can Wait, Kevin James has come home.

Home to the tried-and-true sitcom form with which he thrived for nine seasons on The King of Queens.

Home to CBS, where King enjoyed its long run and where Kevin Can Wait arrived this fall (airing Mondays at 8 p.m. EDT). And home to James' native Long Island, from where his new show originates.

Though set in the New York City borough of Queens, The King of Queens was filmed 4,000 kilometres away in Los Angeles. But for his return to series television, James wanted to be true to his roots. Not even a studio in nearby Queens would satisfy him.

"I said, 'If I can do my show on Long Island, then I'll do it,'" he explains.

As its robust audience already knows, Kevin Can Wait centres on a Long Island husband and father named Kevin who, newly retired from the police force, finds himself to be an unwitting invader on the home front.

"My wife (played by co-star Erin Hayes) has already established what's going on at home," James laughs, "and when you're retired and back home full-time, you're disrupting all that. You can say, 'I'll set the rules now.' But the cement is dry!"

James, 51, was raised in the



Kevin James insisted on shooting his new show, Kevin Can Wait, in Long Island. 'We want to make Long Island a character in the show,' he says. CONTRIBUTED

Long Island hamlet of Stony Brook, and now he's out to capture the feel of working-class Long Island life that, through his own disarming regular-guy-ness, he embodies both on- and off-camera.

"We want to make Long Island a character in the show, and we're using it for exterior shots," he says. And even though the majority of the action is filmed in multi-camera style on a Bethpage, Long Island, soundstage, James loves knowing that local folks who can readily relate to the show's zany dilemmas comprise each week's studio audience: "I love that energy."

Clearly, James has gained a measure of experience in how

to be the boss yet still relax. This is in marked contrast to the rising young standup who scored his first sitcom back in 1998.

"On The King of Queens, I showed up as this green kid who tried to control things," he recalls.

"You get so panicked, constantly looking over your shoulder, checking if we're gonna get cancelled. This time, my fingerprints are all over it — writing, wardrobe, everything — but I'm also having fun. I want this show to connect, because I love it. But I've done it already, and we had a great run."

Maybe history is repeating itself. In any case, CBS didn't wait long to give Kevin Can Wait a

full-season order.

"I'm not going to play too far away from myself," James declares, adding, "On this show, we aren't breaking ground. I know that. I'm not trying to. But that's not to say you slack off in the writing. I try to do great stories that we want to connect with an audience."

Though success has carried James far from a working-class existence, he still relates to the fundamentals: He visits Target, acknowledges he could lose a few pounds and expects no red carpets, especially at home: "With four kids and a wife, I know my place," he says with a grin.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER
WHAT I'M WATCHING

Ignorance and bomb droppings



Donald Trump and Hillary Clinton. CONTRIBUTED

THE SHOW: Third U.S. Presidential Debate, Oct. 19, 2016
THE MOMENT: The Mosul question

An hour into the 90-minute debate, moderator Chris Wallace (excellent) asked Hillary Clinton if she would deploy U.S. troops to Mosul. She answered no, and gave a few reasons why.

Though the fighting will be tough, she continued, our allies must press into Syria to take Raqqa. She praised U.S. advisors and condemned Russia. She recommended an intelligence surge with support from the air. She promised to push for tougher gun laws to keep terrorists from buying weapons, and for a no-fly zone in Syria, to help "bring conflict to an end, and go forward on a political track."

Asked the same question, Trump said, "Let me tell you, Mosul's so sad. We had Mosul. But when she took everyone out, we lost Mosul....Douglas MacArthur, George Patton, spinning

in their graves when they see the stupidity of our country... The only reason (our allies are going into Mosul now) is because she's running for president, they want to look tough. He violated the red line in the sand and he made so many mistakes. He made all the mistakes... Iran should write us a letter of thank-you."

Over this past week, Clinton's substantive answers were swept aside as usual, as social media exploded with the bombs Trump dropped: calling Mexicans "bad hombres" and Clinton "such a nasty woman," and choosing to "leave you in suspense" about whether he'd honor the democratic process.

But it's his utter ignorance about foreign policy that haunts me most. I bet Angela Merkel is also shivering — and that Trump thinks she's nasty, too.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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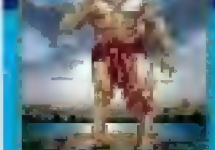
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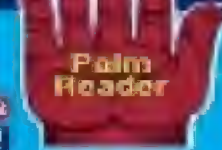
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LITERATURE

Shakespeare co-authors get credit on famous works

The Bard was not a solo act.

Oxford University Press' new edition of William Shakespeare's works will credit Christopher Marlowe as co-author of the three Henry VI plays, underscoring that the playwright collaborated with others on some of his most famous works.

Marlowe, a playwright, poet and spy, will share billing in the latest version of the New Oxford Shakespeare being published this week. While scholars have long suspected that Shakespeare's plays included the work of others, new analytical methods helped researchers conclude that sections bore the hallmarks of Marlowe's hand.

"Shakespeare, like other geniuses, recognized the value of other people," Gary Taylor,



Oxford University Press will put Christopher Marlowe as co-author on some of Shakespeare's plays. ISTOCK

a professor at Florida State University and the principal investigator of the new work, said Monday. "What is Shakespeare famous for? Writing dialogue — interactions between two people. You would expect in his life there would be dialogue with other people."

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Cubs third baseman Kris Bryant warms up during a team practice on Monday in Cleveland. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Game's lovable losers aim to end droughts

WORLD SERIES

Lester is Cubs' starter, Kluber is Indians' for Game 1 in Ohio

The last time the Cleveland Indians won the World Series, Dewey led Truman in the polls. The Chicago Cubs' last title was 13 days after the first Ford Model T car was completed.

Lovable losers known for decades of defeat meet in this year's championship, a combined 174 seasons of futility facing off starting Tuesday night at Progressive Field.

Cleveland's last title was in 1948, when 16 teams from the East Coast to St. Louis competed in a just-integrated sport. The Cubs are trying to win for the

first time since 1908, a dead ball-era matchup at a time home runs were rarities along with telephones.

No player is alive from the last championship Cubs or even the last to make a Series appearance — Tuesday marks the 25,948th day since the Cubs' Game 7 loss to Detroit in 1945. One player remains from the 1948 Indians, 95-year-old Eddie Robinson.

"It seems like it's just forever," Robinson said Monday from his home in Fort Worth, Texas.

One team's fans will let loose with the celebration of a lifetime. But while history weighs on the supporters, Cubs manager Joe Maddon focuses his players with

a now-centred battle cry of "Win the Inning!"

Both teams worked out under cloudy skies as the new 59-by-221-foot scoreboard behind the left-field seats. While the Cubs play in Wrigley Field, the 102-year-old brick-and-ivy jewel on Chicago's North Side, the Indians are in a 22-year-old throwback-style ballpark originally called Jacobs Field.

Led by Kris Bryant and Anthony Rizzo, the Cubs led the major leagues with 103 wins during the regular season, then beat

San Francisco and Los Angeles in the playoffs. But since the playoffs expanded in 1995, only four teams with the best regular-season record won the title:

the 1998 and 2009 New York Yankees, and the 2007 and 2013 Boston Red Sox.

Jon Lester, 7-1 in his career against Cleveland, starts for the Cubs and Corey Kluber opens for the Indians. Lester is 2-0 with a 0.86 ERA in three post-season starts this year and 3-0 with a 0.43 ERA in a trio of Series outings.

Kluber pitched shutout ball twice in the playoffs before allowing two runs in five innings in Game 4 at Toronto.

Chicago appeared likely to include outfielder Kyle Schwarber, out since tearing knee ligaments on April 8. A person with direct knowledge of the situation told The Associated Press on Monday that Schwarber was travelling to Cleveland, but the person did not know yet if the slugger would be on the roster. THE ASSOCIATED PRESS

Chicago fans realizing the price of history

Fans hoping to see the Cubs play in the World Series for the first time since 1945 are finding a seat could cost them more than what their grandparents paid for their houses.

The euphoria from Saturday night's victory over the Los Angeles Dodgers gave way Monday to the realization that history doesn't come cheap.

Box seats on ticket-selling sites such as StubHub were \$50,000 and up, with one seller asking \$100,000 for a seat and another asking for just under \$1 million.

But there are lots of box seat tickets in the \$5,000 to \$10,000 range. Tickets to just get into the park and stand behind those with actual seats were going for more than \$2,200 each.

List prices for World Series tickets at Wrigley range from \$85 to \$565, according to Major League Baseball figures.

World Series tickets cost a lot more in Cleveland, too — well above the \$83 to \$750 list price range that MLB provided for Progressive Field — but are not as expensive as those in Chicago. THE ASSOCIATED PRESS



NBA

Bar set high for Raps ahead of new season

The Toronto Raptors walked off the Air Canada Centre floor last season to a standing ovation and rousing cheers. They had just been ousted by the Cleveland Cavaliers in Game 6 of the Eastern Conference final, but the moment was the culmination of the Raptors' most successful season in franchise history.

They'll carry lofty expectations when they step back on the court against the visiting Detroit Pistons in their season-opener on Wednesday night. Suddenly, it seems, nothing but a long playoff run will be good enough.

In typical fashion, the Raptors aren't making any bold predictions — coach Dwane Casey says continued growth is key, even if it's not "as exciting and sexy as outlandish predictions."

And the Raptors talk about valuable lessons learned over the roller-coaster post-season.

"You kind of get the blueprint, when you understand how difficult it is," said DeMar DeRozan, who signed a hefty five-year contract worth US\$139

million in the off-season. "You really understand how hard you have to play when you have the opportunity to close out a series, little things like that, just understanding the blueprint, is really going to help us."

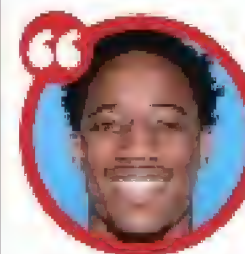
The Raptors remain young, with nine players under the age of 25, but brought back the core of the squad that won

a historic 56 games in the regular season, and took two games off Cleveland before bowing out in the conference final.

"We may not win as many games as we did last year, but that could make us a better team going into the post-season, and that's what we've got to keep in mind," DeRozan said.

The most significant changes are the loss of athletic big man Bismack Biyombo, who left for Orlando in the off-season, and the addition of Jared Sullinger, who signed with Toronto in the summer but was to undergo surgery on his foot Monday and could be sidelined for as much as a quarter of the season.

THE CANADIAN PRESS



"We're at the bottom of the hill now. We've got to work our way up and take on every challenge that we're going to face." DeMar DeRozan

Pressure all on Warriors says Kerr

Steve Kerr joked around on what became a post-mosh Monday, feeling some of the natural pressure before his Golden State Warriors get going at last with all the weight of trying to win another NBA championship on their star-studded shoulders.

The reigning NBA Coach of the Year said he cut short practice given Kevin Durant's jostling in the mosh pit at a Kanye West concert the previous evening.

"He got a great workout last night," Kerr said with a smile.

Kanye performed at Oracle Arena, where KD will become THE show Tuesday night for the defending Western



Kevin Durant
GETTY IMAGES

Conference champions. And MVP Stephen Curry, too, of course.

"We all have pressure. That's a good thing," Kerr said Monday.

"We know how lucky we are to be together with this group. We understand the responsibility that comes with it, and that's fine. It's a good position to be in."

Durant will make his highly anticipated Warriors regular-season debut when the San Antonio Spurs visit Oakland on Tuesday night.

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FLAMES WIN WINDY CITY SHOOTOUT Flames centre Sean Monahan handles the puck between Blackhawks Jonathan Toews, left, and Brent Seabrook on Monday night in Chicago. Kris Versteeg, in the seventh round, scored the shootout's only goal and the Flames won 3-2. Monahan and Sam Bennett scored in regulation time for Calgary. JONATHAN DANIEL/GETTY IMAGES

New No. 1 goalies off to shaky starts

NHL

Elliott and Andersen are victims of early scoring binge

Big off-season moves in Calgary and Toronto to land a No. 1 goaltender haven't gone well for either team so far.

Plucked from St. Louis for a pair of draft picks, Brian Elliott was tasked with solidifying a Calgary crease that's wobbled since Mikka Kiprusoff's decline and eventual exit. The Maple Leafs also used two draft picks to land Frederik Andersen from Anaheim, hoping for the long-term answer Toronto has lacked since Ed Belfour left town a decade ago.

Elliott, however, surrendered 14 goals in dropping his first three starts with the Flames and was passed over for a start against the Blues, his former team, over the weekend. The 31-year-old had a superb .930 save percentage in St. Louis last season, but had a woeful .839 mark heading into Monday night's game in Chicago.

Andersen, meanwhile, has been hit for at least four goals in three of his four starts. While the 27-year-old played well for long stints of the Leafs' last outing in Chicago, he still could not preserve another third-period lead for Toronto, which lost 5-4 in a shootout.



The season hasn't started the way Brian Elliott would have liked it to. CODIE MCLACHLAN/GETTY IMAGES

"It would be nice to make a save in the last few minutes there to get the win," he told reporters afterward.

It's far too early for either team to be overly concerned, but that will change if the struggles persist.

Of the two, Elliott, an unrestricted free agent at season's end, has less room for error than

his Toronto counterpart, who signed a five-year contract with the Leafs in the summer.

The unlikely goals leader
The NHL's goal-scoring leader after the weekend was a disappointing afterthought playing in the American Hockey League at this time last season.

Richard Panik had fallen out

11

The most goals Richard Panik has scored in an NHL season. He was already at six heading into Monday's action.

of favour under new Maple Leafs head coach Mike Babcock and was demoted to the Toronto Marlies, where he played until a January trade to Chicago.

A former Tampa Bay Lightning second rounder, Panik was so-so upon arrival in the Windy City, but has blown off the doors to start this season. The 25-year-old has already scored six goals (on only nine shots), matching his total from 30 games with the Blackhawks last year.

Panik's career-high for goals in the NHL is 11, a mark he hit with the Leafs in the 2014-15 season and one he should eclipse soon if the current, if likely unsustainable, hot streak continues.

Marooned Islander

Former Jets captain Andrew Ladd signed one of the priciest deals of the off-season, seven years, \$38.5 million with the New York Islanders. Though he's been paired with John Tavares on the team's top line, Ladd has yet to score, picking up his first assist and point of the season Sunday in the Islanders 6-3 win over Minnesota. THE CANADIAN PRESS



NHL

Habs stay unbeaten in regulation time

Brendan Gallagher scored late in the third period as the Montreal Canadiens beat the Philadelphia Flyers 3-1 on Monday night to extend their winning streak to four games.

Shea Weber and Alexander Radulov, into the empty net, also scored for Montreal (5-0-1). Carey Price made 31 saves for his third consecutive win to start the season.

Jakub Voracek scored the lone goal for the visiting Flyers

MONDAY In Montreal

3	1
HABS	FLYERS

(2-3-1). Steve Mason stopped 30 of 32 shots in defeat.

First-place Montreal remains the only NHL team unbeaten in regulation time.

THE CANADIAN PRESS

NFL IN BRIEF

Injured Bears' QB Cutler to return for Vikings test

Bears quarterback Jay Cutler will return from a thumb injury to play against the Minnesota Vikings on Oct. 31.

Cutler has been out since he suffered a thumb sprain in a Sept. 19 loss to the Philadelphia Eagles. Coach John Fox said Monday that Cutler has been cleared to play in the game next Monday night.

THE ASSOCIATED PRESS

Dolphins' Foster retires

Four-time Pro Bowl running back Arian Foster has announced his retirement midway through an injury-plagued season with the Miami Dolphins.

Foster, 30, tried to come back from a torn Achilles tendon, but was slowed this season by groin and hamstring injuries.

He holds the Houston Texans' franchise record with 6,472 yards rushing.

THE ASSOCIATED PRESS

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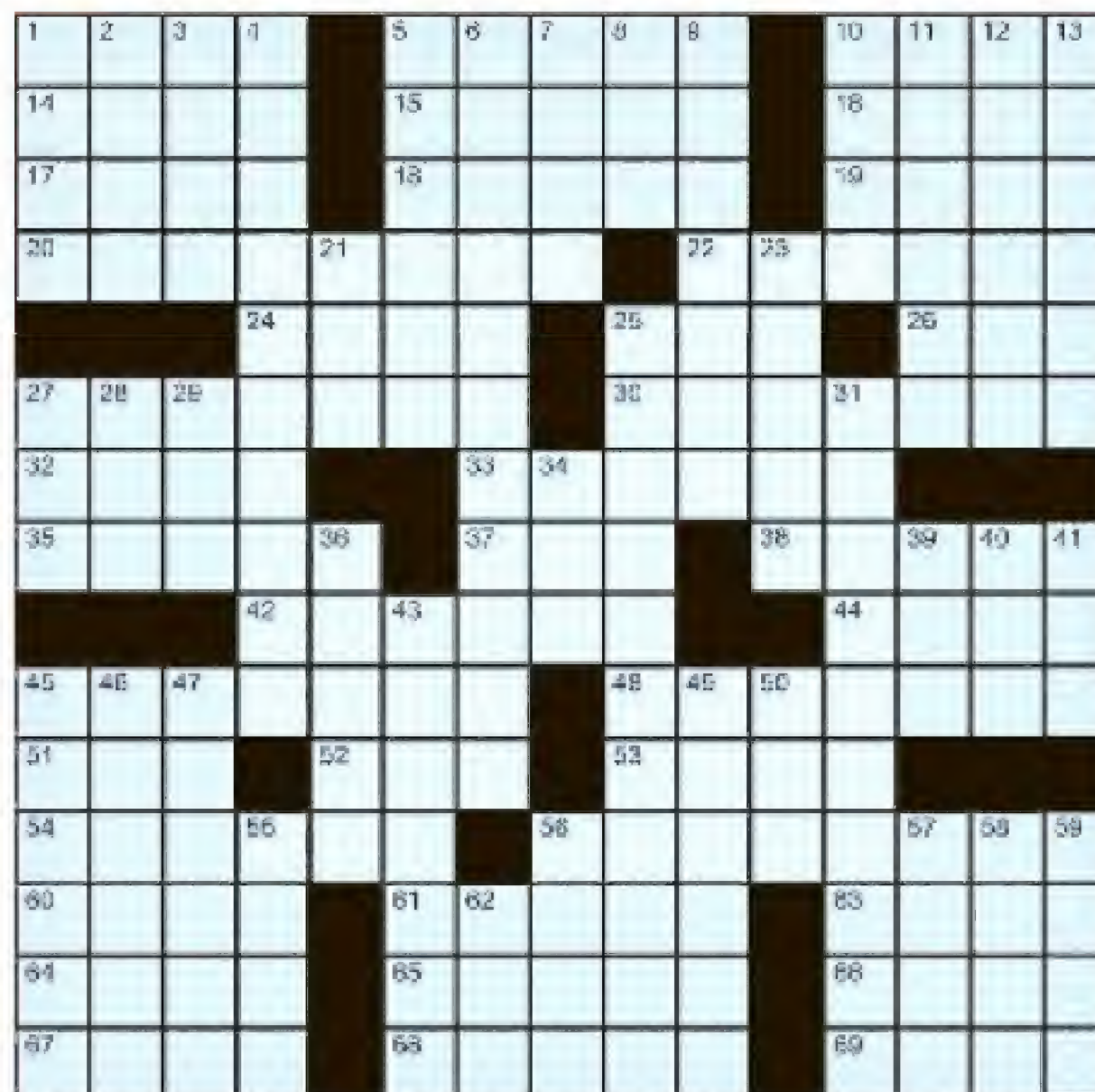


CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Radio ___" by Queen
5. Horde
10. Mouse-murdering machine, maybe
14. Solemnly affirm
15. Hot chocolate
16. Blue Rodeo tune
17. Branch
18. Ant, archaically
19. Neither Liberals nor Conservatives, for short
20. Recipient, in law
22. Bring in goods from beyond
24. Classic jukebox hit: "___ Angel"
25. Tissue's thickness
26. Bitty
27. ___ of Ireland aka 'Canada's Titanic' (Ocean liner which sank in the St. Lawrence in 1914)
30. Glands that pump one up when one is pumped up
32. Earth goddess in ancient Greek mythology
33. Made up of two
35. "You ___ Be" by Des'ree
37. Semi
38. Ships' steerers
42. Get
44. Telegram
45. ___ luggage
48. Most yucky
51. Colour characteristic
52. Downcast



53. Origin
54. Dwell
56. First ___, as on a sports team
60. Military air assault
61. Get ready to golf: 2 wds.
63. Roof's overhang

64. Old/Icelandic literary work
65. Makes straighter
66. Tread
67. Come across as
68. Scope
69. Parliament Hill VIPs

DOWN

1. Big swanky event
2. Hertz rival
3. Jeweller's jewels
4. Dispute's decision decider
5. Backdrops

6. Canadian Clothing... MiiK, for one: 2 wds.
7. Pinnacle
8. 1962: "Sheila" singer Tommy
9. Oz folk tune: "Waltzing ___"
10. Jaunt
11. Fame

12. Mr. Bocelli of song
13. Pale paint in a painting
21. "You don't say!"
23. Frankincense and ___
25. Nunavut tourist destination called 'Switzerland of the Arctic' because of its beautiful landscape
27. Something scrambled
28. ___ jacket
29. Plum toss away
31. Testifying bystander
34. Twelve-divided-by-four's fancy answer
36. One is seemingly bottomless
39. Fish story
40. Married title
41. Place down
43. Breakfast appliance
45. Household tasks
46. Song of dawn
47. Inhabit a habitation
49. Murder mystery's main 'man', maybe
50. Ornamental carp
55. Dutch cheese
56. Visible
57. Fence's door
58. All square
59. Barbell-user's units, commonly
62. Supermodel Ms. Herzigova

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might develop a crush on someone who is different, exotic or from another culture or a different country. Be careful, because this very likely is an unstable situation.

Taurus April 21 - May 21
Despite your good intentions of helping someone else today, be careful. You have to be realistic and consider your own needs as well. There is such a thing as "idiot compassion."

Gemini May 22 - June 21
Don't expect too much from a friend or partner today. If you do, you likely will be disappointed. Remember: Unexpressed expectations almost always lead to disappointment.

Cancer June 22 - July 23
Co-workers might be supportive today; nevertheless, their assistance might hinder you more than it helps you. Use caution!

Leo July 24 - Aug. 23
Romantic relationships are unstable today. Some might end and others might begin, but they're really just a pipe dream. (It's sad but true.)

Virgo Aug. 24 - Sept. 23
You might go overboard with your ideas about redecorating today. To be safe, wait a day or two to see if you still want to go ahead with your plans.

Libra Sept. 24 - Oct. 23
You might spend a lot of time today daydreaming or lost in fantasies. This makes it hard to concentrate and focus. Oh well — we all need a mental-health day every now and then.

Scorpio Oct. 24 - Nov. 22
This is a poor day to make important financial decisions, because your mind is a bit fuzzy and full of wishful thinking. Be careful, and remain realistic.

Sagittarius Nov. 23 - Dec. 21
Relations with others are a bit unstable today. Instead of dealing with what is, you are more inclined to deal with how you wish things would be. Keep your feet on the ground.

Capricorn Dec. 22 - Jan. 20
Something going on behind the scenes might confuse you today. In fact, this confusion could create problems in a relationship.

Aquarius Jan. 21 - Feb. 19
Don't expect too much from others today, especially a friend or a member of a group. Many people are full of unrealistic demands today, which only leads to problems.

Pisces Feb. 20 - March 20
Be realistic when it comes to your relationships with authority figures today, even though you might feel great admiration for someone. You might even have a crush.

CONCEPTIS SUDOKU by Dave Green

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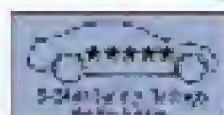


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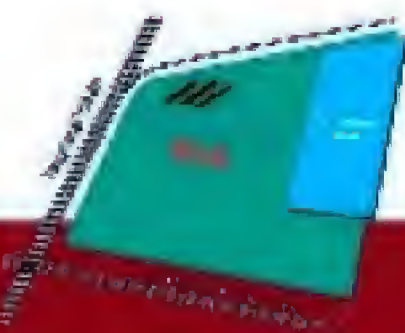
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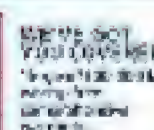
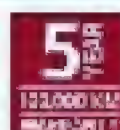
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